

# The Mashpee Senior Connection

**MASHPEE SENIOR CENTER/COUNCIL ON AGING**  
**26 FRANK E. HICKS DRIVE MASHPEE, MA 02649**  
**Phone: (508) 539-1440 • Fax: (508) 539-2791**  
**www.mashpeema.gov**



**DENTAL HEALTH AND PERIODONTAL DISEASE PRESENTATION** — Tuesday, June 21, 2:00 pm.

This free program will be given by Annetty Soto, DMD, of the Mashpee Community Health Center's Dental Clinic. Dr. Soto is an expert in geriatric dental medicine, and she will discuss the importance of dental health and overall health, focusing this month on periodontal disease — causes, preventions, and its affects on dental health. Treatment for this disease will also be discussed. She will also be available to answer any dental questions you may have. This is the second of four dental health programs to be presented here at the Mashpee Senior Center. Caregivers may also find this information very helpful. *Free dental giveaways for all attendees!* Please Rsvp to the Mashpee Senior Center, (508) 539-1440, or stop by the front desk to sign up. Drop in's are also welcome.

**A MATTER OF BALANCE — MANAGING CONCERNS**

**ABOUT FALLS** — Mondays, June 6 through August 1, 12:30 pm.

Have you turned down a chance to go out with family or friends because you were concerned about falling? Have you cut down on a favorite activity because you might fall? A Matter of Balance is an award-winning program designed to manage falls and increase activity levels. Presented by Healthy Living Cape Cod and funded by the Prevention and Wellness Trust Fund. Anyone wanting to participate must commit to the 8-week series and must call (508) 957-7620 or e-mail [healthylivingcapecod@gmail.com](mailto:healthylivingcapecod@gmail.com) to register. **Registrations are required!** Check out the Healthy Living Cape Cod website for more information: <http://healthylivingcapecod.org/>.



**WHETHER TO WED: ISSUES FOR OLDER SAME SEX COUPLES CONTEMPLATING MARRIAGE** — Tuesday, June 7, 10:30 am.

Presented by South Coastal Counties Legal Services, Inc. at the Mashpee Senior Center, 26 Frank E. Hicks Drive, Mashpee. Attorney Tom Kosman will review issues any couple should consider when weighing the marriage option, especially in later years, with particular emphasis on issues that may be different for same sex couples. Sponsored by the Mashpee, Bourne, and Sandwich Councils on Aging. Rsvp to the Mashpee Senior Center, (508) 539-1440, or stop by the front desk to sign up. Drop in's are also welcome.

**QUARTERLY BIRTHDAY PARTY (April, May, and June birthdays)** — Tuesday, June 7, 1:30 pm.

It's time to celebrate once again! Bring a friend or two to enjoy cake and sing along with us as we celebrate all April, May and June birthdays! **Rsvp's are required.** Mashpee residents only please. Rsvp to the Mashpee Senior Center, (508) 539-1440, or stop by the front desk to sign up.



**MONDAY MORNING MOVIE MUSINGS** — Monday, June 6, 10:00 am.

This new group is ready to start! Do you ever wonder about

the elements of a movie or how a movie star evolves into an academy award winner? Similar to a book discussion group, periodically throughout the year we will be having a movie discussion group centered around a specific actor or movie genre. After watching selected movies at home, we will have the chance to get together at the Senior Center and share thoughts with other movie fans.

**Movie Series #1 is "Looking Closely at Leonardo DiCaprio."**

After acting for more than 20 years, Leo finally won an Oscar. We will look at Leo's roles in four movies and discuss his growth as an actor. How important might the director be in his development? What contributes to an actor's growth?



**Save the dates: Mondays, June 6, 13, 20, 27 at 10:00 am.**

**First movie: What's Eating Gilbert Grape?** Make sure that you have viewed the movie before the first discussion group on Monday, June 6, 10:00 — 11:30 am. Subsequent movies must be watched prior to the specified discussion date. **NOTE:** For the first series, please register by calling the Senior Center at (508) 539-1440 or stopping by the front desk. **Please pick up your "Musings Packet" at the front desk of the Senior Center prior to watching the first movie.** Contact Activity Coordinator Christine Foisy at (508) 539-1440 with any questions on this new activity!

**CORD PROGRAM: DEAF AND HARD OF HEARING INDEPENDENT LIVING SERVICES** — Tuesday, June 14, 10:30 am.

The CORD program representative will be at the Mashpee Senior Center to present information on communication access and assistive technology such as amplified phones, doorbell signalers, visual fire and alarm signalers, and more to help those who are deaf or hard of hearing to live more independently. Please Rsvp to the Mashpee Senior Center, (508) 539-1440, or stop by the front desk to sign up. Drop in's are also welcome.



**UNDERSTANDING SHORT TERM REHABILITATION** (light luncheon will be served) — Thursday, June 16, 9:30 am — 2:00 pm.

Join us for an educational presentation and discussion on planning a post-acute short term rehabilitation stay. During the program we will explore how to initiate a referral from the hospital as well as what to expect in the early stages of your stay at a rehab. Additionally discharge planning will be covered with an emphasis on questions to ask including home services, loved one's current functional status and pre-discharge support available to families. Light luncheon will be served. Mashpee residents only; reservations are required. Please stop by the front desk or call (508) 539-1440. Presented by Royal Health.

**WORLD ELDER ABUSE AWARENESS DAY — JUNE 15.**

Every year an estimated 5 million older Americans are victims of elder abuse, neglect, or exploitation. And that's only part of the picture: Experts believe that for every case of elder abuse or ne-



glect reported, as many as 23 cases go unreported. Elder abuse includes physical, emotional and sexual abuse, neglect by a caregiver, self-neglect and financial exploitation. With such a complex issue, there is only one way we can address it: United together. The Administration for Community Living (ACL), partnered with the National Center on Elder Abuse (NCEA), encourages individuals and organizations across our nation, states, and local communities to take a stand and to raise public awareness about elder abuse. Your voice can speak out against ageism, combat isolation, and bolster education efforts one person and community at a time. Find out more at their website: <http://www.ncea.aoa.gov/index.aspx>. Also you may contact Darlene Perkins, Outreach Coordinator, if you have questions or concerns.

**COFFEE WITH THE COMMAND STAFF — Friday, June 24, 10:00 am.** Please join Mashpee Police Chief Scott Carline, Captain John Santangelo, Operations Lieutenant Thomas Rose and Administrative Lieutenant Sean Sullivan for coffee on June 24 at 10:00 am at the Mashpee Senior Center. Don't miss this great opportunity to get to know the newly appointed Command Staff of the Mashpee Police Department. Please Rsvp to the Mashpee Senior Center, (508) 539-1440, or stop by the front desk to sign up. Drop in's are also welcome.



**STRAWBERRY SHORTCAKE DESSERT AND ENTERTAINMENT — Tuesday, June 21, 2:30 pm.** June is the month for strawberries and more! Come to the Senior Center to get your fill of strawberry shortcake and music with Kevin Sherwin on classical guitar and

his partner on viola. Kevin is an accomplished soloist and leader of orchestral and choral ensembles. His extensive engagements as a guitar soloist include his 2015 debut at the Metropolitan Museum of Art. Refreshments provided by Fallon Health. Mashpee residents only. Please Rsvp to the Mashpee Senior Center, (508) 539-1440, or stop by the front desk to sign up.

**SPECIAL WORKSHOP: HOW TO GET THE MOST FROM YOUR SMARTPHONE — Thursday, June 9, 12:00 noon—2:00 pm.**



Do you own a smartphone? Are you using only a small portion of your phone's features? It can do amazing things for you — join Greg McKelvey, the PC and Gadgets guy at the Senior Center, to find out how to utilize this helpful device. Please Rsvp to the Mashpee Senior Center, (508) 539-1440, or stop by the front desk to sign up. Drop in's are also welcome.

**WELLNESS: WHY MEDITATING IS GOOD FOR YOUR HEALTH AND HOW JOURNAL WRITING PROMPTS WELLNESS — Wednesday, June 22, 2:30 pm.** Learn a few helpful techniques for both meditating and journal writing as we explore healthy practices that prompt overall wellness. Presented by Jennifer Marszalek of Hope Health. Please Rsvp to the Mashpee Senior Center, (508) 539-1440, or stop by the front desk to sign up. Drop in's are also welcome.



**PATRIOTIC CRAFTS WORKSHOP — Thursday, June 23, 10:00 am.** Join Karen Thurber and learn how to fashion wreaths from cupcake liners decorated for the 4th of July. A small fee covers everything needed for this activity including the door hanger for your door. Come join the fun and see how simple these wreaths are to make! **Rsvp's are required.**

Please Rsvp to the Mashpee Senior Center, (508) 539-1440, or stop by the front desk to sign up.

**KELLY'S DANZING DIVAZ SPECIAL PERFORMANCE — Tuesday, June 14, 12:30 pm.** Kelly's Danzing Divaz — a lively group of enthusiastic dancers who came together via their Zumba Gold fitness classes — decided to express their gratitude for the joy they feel when they get

together and dance by forming a dance troupe. Join us for a fun and entertaining performance. Rsvp to the Mashpee Senior Center, (508) 539-1440, or stop by the front desk to sign up. Drop in's are also welcome.



**COPING WITH EARLY MEMORY LOSS — Tuesday, June 28, 2:30 pm.**



Do you, a family member, or someone for whom you are a care partner exhibit signs of early memory loss? The *Coping with Early Memory Loss* session will help you fill in the gaps raised after the diagnosis of Mild Cognitive Impairment, Alzheimer's Disease, Vascular Dementia, Frontotemporal Dementia, or other related disorders. Medical and non-medical treatments will be discussed, and resources available to help will be explored. **Pre-registration is required.** Please call (800) 272-3900 to register. Presented by Alzheimer's Association, MA/NH Chapter

**ARMCHAIR TRAVELER PRESENTATION: CENTRAL EUROPE — Tuesday, June 28, 1:00 pm.** Jill Jillson will present another armchair traveler show, traveling via photographs this month to Poland, the Czech Republic, and Hungary. This part of Europe suffered many losses and devastation during World War II



and then suffering under Communist rule for more than forty years after the war. Today they have improved their economic situation and can travel freely. So sit back and take a look at these central European nations as we travel to Warsaw, Krakow, Prague and Budapest as well as countryside and village views. Please Rsvp to the Mashpee Senior Center, (508) 539-1440, or stop by the front desk to sign up. Drop in's are also welcome.

**SOCIAL DINING AROUND — Tuesday, June 28, 11:30 am.** The last social dining around before summer break will be held at Old Silver Lounge, 412 Route 28A, N. Falmouth. Order off the menu, separate checks will be provided. **Rsvp no later than Monday, June 27.** Please Rsvp to the Mashpee Senior Center, (508) 539-1440, or stop by the front desk to sign up.

LUNCHEON



**JUST FOR LAUGHS BREAKFAST — Thursday, June 30, 10:00 am.** Start your day with a smile with our Just For Laughs program! Come have another fun morning with friends while enjoying a continental breakfast and fun jokes by retired comedian, Tom J. Walsh plus some entertaining blasts from the past TV viewing. Mashpee residents only, please. **Rsvp's are necessary.** Please call the Mashpee Senior Center, (508) 539-1440, or stop by the front desk to sign up.



**SOCIAL BRIDGE —** The social bridge group at the Mashpee Senior Center has been in existence a long time. If you are interested in the game of bridge and would like to get together for a pleasant afternoon, please join us! This is meant to be friendly, fun, and respectful; it is not competitive, and scores are not reported. No partners or fees are required. **Stop by any Thursday from 1:00 — 4:00 pm. We'd love to have you join us.**



**PARKINSON SUPPORT NETWORK — Thursday, June 9, 10:00 am.** Parkinson Support Network of Cape Cod



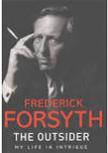
Parkinson Support Group Meeting to be held at the Mashpee Senior Center will host Clinical Research Nurse Ray James who will present "An Update on Clinical Research in Parkinson's: Progress and Challenges." Ray James, BS, RN, is a clinical research nurse in the Parkinson Disease and Movement Disorder Center at Boston University Medical Campus. Ray has presented widely on participation in clinical trials to community and professional groups, and also volunteers as an APDA Parkinson Support Group leader in

Beverly, MA. For further information please contact Jeanne Jackson at (508) 367-4267.

**MASHPEE MEN'S CLUB JUNE EVENTS** – We invite retired or semi-retired men over the age of 50 to join our club formed in 1997. We meet on the first Tuesday of each month starting with coffee at 10:00 am followed by a brief business meeting and a speaker at 10:30 am. We look forward on June 7 to an informative presentation by our Town Manager, Rodney Collins. Throughout the year (but not necessarily on a Tuesday) we have a variety of interesting trips on and off Cape. Later in June we will have a tour to the historic Slater Mill in Rhode Island followed by lunch. If you have questions about our club, please contact Deane Turner at [deane\\_turner@msn.com](mailto:deane_turner@msn.com) or Frank Lord at [fjlord@msn.com](mailto:fjlord@msn.com).

**BOOK CLUB** — Book Club meets on the third Friday of the month at 2:00 p.m. at the Senior Center. The selection for June 17 is “The Outsider: My Life in Intrigue,” a memoir by best-selling British author Frederick Forsyth. Internationally known for his stories of suspense and intrigue like “The Day of the Jackal” and “The Odessa File,” Forsyth reveals details of his own life that rival those of his novels. Come join us!

**SPORTS HUDDLE** — **Wednesdays through August, 10:00 am — 12:00 noon.** The Sports Huddle focuses on a discussion of sports-related issues, from professional down to college and high school levels with



special emphasis on Boston and Cape Cod sports news. This course is part of the Academy of Life Long Learning. During May, June, July, and August, it is open to all seniors free of charge. No need to RSVP; just drop in for a fun and lively discussion.

**MOBI-CHAIRS AT MASHPEE BEACHES** — The Recreation Department has two beach and water accessible wheelchairs available on a first-come, first-serve basis for those who need it. There are two chairs available: one at South Cape Beach and one at John's Pond. You can reserve a chair by calling the Recreation Department or asking the beach gate attendant if a chair is available. The beach staff will take the chair out for you. Please have someone available to assist you on the beach and in the water. For more information, call the Recreation Department at (508) 539-1416.



**PATIO FURNITURE** — It's time to celebrate summer which officially begins on June 21st! Thanks to the DPW, our patio set is back out and ready for use! So, come and enjoy the sun from our lovely patio!



**MASHPEE COUNCIL ON AGING ACTIVITIES NOT MEETING FOR THE SUMMER** — Sea Mist Swimming (last day June 16), Mashpee Singing Seniors, Bowling, Armchair Traveler, Sketching, Sight Loss Services Support Group, Social Dining Around, PC and Gadgets Clinic.



**SAVE THE DATE — 90 and Older Social Mixer, Tuesday, July 19:** *What could be more beautiful than individuals growing wise with age? Every age can be enchanting, provided you live within it. (source unknown).* Come to the Mashpee Senior Center for our 90 and older social mixer. The van will be reserved that day for all our 90+ members and their care partners to bring them to the Senior Center if needed. **Stay tuned for more details in the July newsletter.**



**Did you know that there is a national holiday called “Evaluate your Life Day”? Yes, really, it does exist.**

The time comes in every life when we may take an accounting, a reckoning of the things we've done, the progress we've made, and the path we're on. Sometimes a starting point is to look pictorially at where we were years ago and where we are now. Along those lines, we will be starting a fun game to identify the pictures of our members and staff in our younger days. Anyone who wants to post a picture will be encouraged to do so, and then everyone who wants to participate can guess the identities. Look for details in upcoming newsletters and emailings. We're going to start off here with this picture of a staff member of the Senior Center. Who is this? We were all young once — which of our staff members is this lovely young lady with her spring basket full of goodies?



## SCAM ALERT

**CHARITY SCAMS — ALERT FROM THE FEDERAL TRADE COMMISSION:** Urgent appeals for aid that you get in person, by phone or mail, by email, on websites, or on social networking sites may not be on the up-and-up. Unfortunately, legitimate charities face competition from fraudsters who either solicit for bogus charities or aren't entirely honest about how a so-called charity will use your contribution.

If you're asked to make a charitable donation, consider these tips:

- ◆ **Donate to charities you know and trust.** You want to find a charity with a proven track record with dealing with disasters.
- ◆ **Be alert for charities that seem to have sprung up overnight in connection with current events.** “Look alike” websites resembling legitimate charitable organizations and international aid efforts may be popping up. Check out the charity with the Better Business Bureau's (BBB) Wise Giving Alliance, Charity Navigator, Charity Watch, or GuideStar.
- ◆ **Designate the disaster.** Charities may give the option to designate your giving to a specific disaster. That way, you can ensure your funds are going to disaster relief, rather than a general fund.
- ◆ **Never click on links or open attachments in emails unless you know who sent it and what it is.** Opening attachments — even in emails that seem to be from friends or family — can install malware on your computer.
- ◆ **Don't assume that charity messages posted on social media are legitimate or have been vetted.** Research the charitable organization yourself.
- ◆ **When texting to donate, first confirm the number with the source.** The charge will show up on your mobile phone bill, but be aware that text donations are not immediate. Depending on the text message service used by the charity, it can take as much as 90 days for the charity to receive the funds.

More information is available at the FTC Charity Scam website: <https://www.consumer.ftc.gov/features/feature-0011-charity-scams>

## Mashpee Council on Aging Special Events

Mondays	June 6—Aug 1	Matter of Balance	12:30 pm
Mondays	June 6, 13, 20, 27	Movie Musings Discussion Group—June discussion on Leonardo DiCaprio movies	10:00 am
Tuesday	June 7	Quarterly Birthday Party (April, May, and June birthdays)	1:30 pm
Tuesday	June 7	Whether to Wed: Issues for Same Sex Couples Contemplating Marriage	10:30 am
Thursday	June 9	How to get the most from your Smartphone	12:00 noon
Tuesday	June 14	Kelly's Danzing Divaz Special Performance	12:30 pm
Tuesday	June 14	CORD Program: Deaf and Hard of Hearing Independent Living Services	10:30 am
Tuesday	June 16	Understanding Short Term Rehab	9:30 am
Tuesday	June 21	Dental Health and Periodontal Disease Presentation	2:00 pm
Tuesday	June 21	Strawberry Shortcake Dessert and Entertainment	2:30 pm
Wednesday	June 22	Wellness: Why Meditating is Good for Your Health and How Journal Writing Prompts Wellness	2:30 pm
Thursday	June 23	Patriotic Wreaths Crafts Workshop	10:00 am
Friday	June 24	Coffee with the Mashpee Police Command Staff	10:00 am
Tuesday	June 28	Armchair Traveler Presentation: Central Europe	1:00 pm
Tuesday	June 28	Social Dining Around — Old Silver Lounge, 412 Route 28A, N. Falmouth. <b>Rsvp no later than Monday, June 27</b>	11:30 am
Tuesday	June 28	Coping with Early Memory Loss	2:30 pm
Thursday	June 30	Just for Laughs Breakfast	10:00 am

## Mashpee Council on Aging Regular Events

Activities are held weekly unless indicated otherwise by a specific week in parentheses ( ).

MONDAYS		TUESDAYS		WEDNESDAYS	
8:30-9:30	Strength Training	8:30-9:30	Exercise	8:30-9:30	Strength Training
9:15-11:00	<b>Hearing Tests (1<sup>st</sup>) *</b>	9:00-12 :00	Woodcarving	9:00-10:00	Blood Pressure Clinic (3 <sup>rd</sup> )
9:45-11:00	Gentle Yoga	9:00-11:00	<b>Atty Mello (2<sup>nd</sup>) *</b>	9:00-3:00	<b>Foot Care Clinic (3<sup>rd</sup>) *</b>
10:00-11:00	TOPS	10:00-11:30	Men's Club (1 <sup>st</sup> )	10:00-Noon	Painting
10:00-11:30	<b>Atty Kosman (4<sup>th</sup>) *</b>	11:00-12:00	Zumba Gold	1:00-3:00	Painting
11:00-12:00	Chair Yoga	11:00-1:00	Ask-a-Pharmacist (1 <sup>st</sup> )	11:00-12:00	Zumba Gold
12:30-4:00	Mah Jongg	11:00-2:00	<b>Sea Mist Swimming **</b>	1:00-2:00	Line Dancing
1:00-3:00	Pinochle	12:00-4:00	<b>SHINE *</b>	1:00-3:00	Meditation (1 <sup>st</sup> )
1:00-4:00	Hand and Foot Canasta	1:00-2:00	Drum Circle	1:00-3:00	Canasta
1:00-4:00	Rummikub	1:00-3:00	<b>Atty Lavender (1<sup>st</sup>) *</b>	1:30-3:30	CARES Support Group (2 <sup>nd</sup> & 4 <sup>th</sup> )
		2:30-3:30	Aerobics for the Brain (2 <sup>nd</sup> & 4 <sup>th</sup> )	2:30-4:30	<b>SHINE (2<sup>nd</sup> &amp; 4<sup>th</sup>) *</b>
				2:30-4:30	<b>Tai Chi for Healthy Aging ***</b>
THURSDAYS		FRIDAYS		SATURDAYS	
8:30-9:30	Exercise	8:30-9:30	Strength Training	8:30-9:30	Exercise
9:30-11:30	Singing Seniors	9:30	Bowling (Ryan Amuse.)	<b>NOTES:</b> 1. Transportation is available for activities, either through our van or Cape Cod Regional Transit Authority at 1-800-352-7155 2. Activities are held weekly unless indicated otherwise by a specific week in parentheses ( ). * <b>Appointments required</b> ; please call the Senior Center (508) 539-1440 or stop by the front desk to schedule ** <b>Through June 16.</b> *** <b>Waiting list sign up required.</b> Please stop by the Front Desk or contact the Mashpee Senior Center at (508) 539-1440 to add your name to the wait list.	
10:00-11:30	Cribbage	9:00-10:00	Ask-A-Nurse (4 <sup>th</sup> )		
10:00-11:30	Parkinson Support Network (2 <sup>nd</sup> )	9:45-10:45	Ageless Yoga		
10:30-11:30	Coffee Talks (1 <sup>st</sup> and 4 <sup>th</sup> )	10:00-12:00	Sight Loss Services Support Group (4 <sup>th</sup> )		
11:00-2:00	<b>Sea Mist Swimming **</b>	10:00-12:00	Independence House Relationship Education and Advocacy (2 <sup>nd</sup> )		
12:00-2:00	Gadgets & PC Clinic	11:00-12:00	Zumba Gold		
12:15-1:15	Ballroom Dancing	12:30-4:00	Mah Jongg		
1:00-4:00	Social Bridge	1:15- 3:30	<b>Veterans Services (1<sup>st</sup> &amp; 3<sup>rd</sup>) *</b>		
7:00-9:30	Tai Chi (Beginners please come 1 <sup>st</sup> Thurs)	2:00-3:00	Book Club (3 <sup>rd</sup> )		

Wednesdays, July 20 through Aug 17	History of Cape Cod	Tuesday, July 12	Patriotic Holiday Luncheon
Tuesday, July 19	90 and Older Social Mixer	Tuesday, July 26	Fire Safety Tour of Mashpee Fire House

## Emergency Preparedness

**EMERGENCY PREPAREDNESS** - The Mashpee Council on Aging maintains a list of seniors who are homebound, and/or frail to help the town provide assistance to them during a civil defense emergency such as hurricane or blizzard. If you would like to be on the list, please call the Senior Center at (508) 539-1440 and request a simple registration form for you to complete and return. Should you need assistance completing the form, please call Outreach Coordinator, Darlene Perkins.



**MASSACHUSETTS ALERTS** — Join the thousands of residents of Massachusetts who receive emergency alerts and critical information about disasters and public safety incidents on their Smartphones. Massachusetts Alerts provides emergency notifications and public safety information based on your location, proximity to an event or incident, and the preferences you select. Find out more information and how to download the app to your Smartphone at <http://www.mass.gov/eopss/agencies/mema/massachusetts-alerts.html>.



**HURRICANE SEASON OFFICIALLY STARTED ON JUNE 1**, and now is the time to prepare in case Mother Nature pays us an unwelcome visit. You can find detailed preparedness information on the National Weather Service's website: <http://www.nhc.noaa.gov/prepare/ready.php> and at FEMA's ready.gov site for hurricanes <http://www.ready.gov/hurricanes>. To prepare for a hurricane, here are some of the following measures to take to protect you and your family:

Build an emergency kit and make a family communications plan; learn community hurricane evacuation routes and how to find higher ground. Determine where you would go and how you would get there if you needed to evacuate; make plans to secure your property; be sure trees and shrubs around your home are well trimmed so they are more wind resistant; clear loose and clogged rain gutters and downspouts; plan to bring in all outdoor furniture, decorations, garbage cans and anything else that is not tied down.

**And don't forget about your pets!** Check out Cape Cod D.A.R.T at [www.capecoddart.org](http://www.capecoddart.org) for complete details, but here are some basics: Know which shelters in your area are pet-friendly. If you go

to a shelter, if possible bring a crate for your pet. Prepare an emergency go-kit for your pet including at least 3 days of food in an airtight, waterproof container, at least 3 days of water specifically for your pets, and an extra supply of your pet's meds in a waterproof container. List the name and contact information for your pet's veterinarian. Keep up-to-date copies of your pet's registration information, adoption papers, vaccination documents and medical records in a clean plastic bag or waterproof container in your kit.

**Local Shelters** (which ones will be designated as pet-friendly will be determined at the time of the emergency)

- ◆ Barnstable Intermediate School, 895 Falmouth Road, Hyannis
- ◆ Falmouth High School, 874 Gifford Street, Falmouth
- ◆ Sandwich High School, 365 Quaker Meetinghouse Road, Sandwich

**DISABILITY INDICATOR FORM - Are you a disabled elder?** Disabilities would include life support system, mobility impaired, blind, deaf and hard of hearing, teletypewriter, speech impaired, cognitive impairment, etc. If you have any of the listed disabilities, Clay Nicholson, Mashpee's 911 Municipal Coordinator, recommends that a **911 DISABILITY INDICATOR FORM** be completed and forwarded to him so that if an emergency occurs, public safety officials will be alerted that an individual residing at your address communicates over the phone via TTY and/or has a disability that may hinder evacuation or transport. **This information is confidential and will only appear at the dispatcher's location when a 911 call originates from your address.** Please contact Clay Nicholson, (508) 539-1400, ext. 8499 with any questions and to pick up a form. You can also pick up this form at the Mashpee Senior Center.

**REVERSE 911** - Did you know that you could receive automated messages by phone from the Town, helping you with storm preparedness? If you do not already receive important/emergency messages from the Town, or if you want to edit your contact info, please go to the Town website: [www.mashpeema.gov](http://www.mashpeema.gov), and select "Automated Messages Sign-Up Here" box on the lower left. Select a "resident" button on the left and enter your contact information here so local leadership may contact you with timely, important messages.



### SHINE NEWS — Medicare's Free Preventive Services

An important goal for Medicare is to help people stay healthy by encouraging prevention. Medicare provides a number of preventive services. Many of these services are free whether you have traditional Medicare or a Medicare Advantage plan, like an HMO. Some of the free services include:

**Colorectal cancer screening (including colonoscopies) \*\*\* Mammograms \*\*\* Pap tests and pelvic exams \*\*\* Bone mass measurements \*\*\* Cardiovascular screening \*\*\* Flu and pneumonia shots \*\*\* Alcohol misuse screening and counseling \*\*\* Depression screening \*\*\* Obesity screening and counseling**

There are rules which state when and how often Medicare will pay for the above services. Medicare also covers a "Welcome to Medicare" visit and then Annual Wellness Visits in following years. However, these visits are not the same as an annual physical exam. Annual physicals are not covered by Medicare, but they are covered by Medicare Advantage plans (HMOs, PPOs). For a complete list of free preventive services, go to [www.medicare.gov](http://www.medicare.gov) or see a SHINE counselor. For further assistance with any Medicare issue, contact the SHINE Program. Trained SHINE volunteers offer free, confidential counseling on all aspects of Medicare and related health insurance programs.

### ACTIVITIES UPDATE:

- ◆ **The CARES Support Group** which meets the 2nd and 4th Wednesday of each month at the Senior Center has changed its meeting time to 1:30 — 3:30 pm.
- ◆ **TOPS meeting** on Mondays now meets each week from 10:00 am to 11:00 am.
- ◆ The last day for **swimming at Sea Mist** for the season is Thursday, June 16.
- ◆ **Do you play pinochle?** Join our group every Monday at 1:00 pm at the Mashpee Senior Center.
- ◆ Don't forget that the **meditation group** meets the first Wednesday of each month at 1:00 pm., this month on June 1.



**ASK-A-NURSE — BETTY BLACKHAM, RN — VNA OF CAPE COD — Friday, June 24 at 9:00 am.**

Have questions about your health? Each month Betty Blackham of the VNA is at the Senior Center to answer your health questions on the 4<sup>th</sup> Friday of each month.

**This month's topic:**

**Hot Weather Safety Tips for Older Adults**

We all know that hot weather can be dangerous, especially for older adults. Every summer, nearly 200 Americans die of health problems caused by high heat and humidity, most of whom are age 50 or older. Hot weather is more likely to cause health problems for older adults for a variety of reasons, such as aging-related physical changes in the body, chronic health conditions, and even side effects of taking some medications.

**Staying Safe When It's Too Darn Hot:** When the temperature climbs above 90°F, older adults need to be proactive and take precautions. So check the outside temperature on summer days. If it's above 90°, older people should keep in mind the following tips:

- ◆ **Stay out of the sun if possible.** If possible, wait to go out until the sun starts to set or until early the next morning. Adjusting when you go outside could mean a difference of several degrees.
- ◆ **Air conditioning is your friend.** Spend as much time as possible in air conditioned spaces. If you don't have an air conditioner, go somewhere that is air-conditioned, such as the library, indoor malls, the movie theater, or meet your friends at the Senior Center. Note: The federal Low-Income Home Energy Assistance Program (LIHEAP) helps adults 65 and older who have limited incomes cover the cost of air conditioners and utility bills. To reach your state's LIHEAP program, call 1-866-674-6327.
- ◆ **Stay hydrated.** Drink plenty of cool water, clear juices, and other liquids that don't contain alcohol or caffeine. Alcohol and caffeine can dehydrate you (dry you out).
- ◆ **Dress appropriately.** Whenever you can, try wearing loose, light-colored clothes (dark-colored clothes absorb heat). Top it off with a lightweight, broad-brimmed hat, and you are dressing like a pro! These simple changes will help you both stay cool and avoid sunburn.
- ◆ Did someone say sunburn? **Use broad spectrum sunscreen** with sun protection factor (SPF) of 15 or higher.
- ◆ **Cool down!** Take tepid (not too cold or too hot) showers, baths, or sponge baths when you're feeling warm. Don't have the time? Then wet washcloths or towels with cool water and put them on your wrists, ankles, armpits, and neck.

**CARES PROGRAM — HOPE DEMENTIA & ALZHEIMER'S SERVICES**

 This program is specifically for people with memory impairment and their care partners. **Wednesday, June 8 and 22. Note change in time: 1:30-3:30 pm** CARES provides an opportunity for families affected by memory impairment to participate in two separate support groups — held simultaneously — that provide information, guidance, and respite to Care Partners, and conversation and socialization for those with memory impairment. The sessions are available at the Senior Center on the 2<sup>nd</sup> and 4<sup>th</sup> Wednesday each month from 1:30 — 3:30 pm. To register or for more information please call Hope Dementia & Alzheimer's Services at (508) 775-5656.



- ♥ It is a wise father that knows his own child... *William Shakespeare*
- ♥ Son, brother, father, lover, friend. There is room in the heart for all the affections, as there is room in heaven for all the stars... *Victor Hugo*
- ♥ My father gave me the greatest gift anyone could give another person, he believed in me... *Jim Valvano*
- ♥ To be as good as our fathers we must be better, imitation is not discipleship... *Wendell Phillips*

**HEARING TESTS — Monday, June 6, 9:15 — 11:00 am by appointment.** Please call the Mashpee Senior Center at (508) 539-1440 or stop by to schedule an appointment. Available the 1<sup>st</sup> Monday of each month.



**FOOT CARE — Wednesday, June 15, 9:00 am — 3:00 pm by appointment.** There is a fee. Call the Mashpee Senior Center at (508) 539-1440 to make an appointment. Available the 3<sup>rd</sup> Wednesday of each month.

**LEGAL ASSISTANCE —** We are fortunate to have attorneys that visit the Senior Center on a monthly basis. Their appointment schedules are always completely booked. Please be aware that these appointments are for Mashpee seniors only, for consultations only and not for dealing with on-going legal issues. We respectfully request that you limit your appointments during the year so that others may be accommodated. The Attorney and the fields that each would feel most qualified to assist seniors with **by appointment** are:



**Atty. Thomas Kosman of SCCLS: Monday, June 27 at 10:00 am -** The South Coastal Counties Legal Services, Inc. (SCCLS) Elder Law Project has attorneys who visit Cape and Islands senior centers weekly including Mashpee and provide legal services to elders who are economically or socially disadvantaged. Priority areas include housing, government benefits, Medicare, Medicaid, reverse mortgage counseling, and general health law concerns. (4<sup>th</sup> Monday of each month)

**Atty. Michael Lavender: Tuesday, June 7 at 1:00 pm —** General legal problems, trusts, wills, estate planning and settlement. (1<sup>st</sup> Tuesday of each month)

**Atty. Patricia Mello's office: Tuesday, June 14 at 9:00 am —** Wills, health care choices, nursing home/Medicaid planning, estate planning, asset protection, guardianships. (2<sup>nd</sup> Tuesday of each month)

Please try to consider the urgent questions that you have and try to choose the appropriate attorney. **PLEASE NOTE: The lawyers do not handle questions regarding criminal matters.**

**SIGHT LOSS SERVICES PEER SUPPORT GROUP — Friday, June 24 at 10:00 am.** This support group meets at the Mashpee Senior Center on the 4<sup>th</sup> Friday of every month from 10:00 am — 12:00 noon. This group is open to anyone with vision issues from diagnosis to legal blindness and provides access and information on services available. For more information, call Sight Loss Services at (508) 394-3904 or visit their website: [www.jwen.com/sls/](http://www.jwen.com/sls/).



**INDEPENDENCE HOUSE RELATIONSHIP EDUCATION**



**AND ADVOCACY — Friday, June 10 at 10:00 am.** Independence House, Inc., is the only comprehensive community-based organization on Cape Cod providing free and confidential specialized services and programs for adults, teens and children (ages 6 and up) who are survivors of or affected by domestic and sexual violence. Anyone who has experienced abuse in the past or present or has a friend that is experiencing abuse can call its toll free hotline at (800) 439-6507 to speak confidentially to a counselor. **Independence House has a representative at the Mashpee Senior Center every 2<sup>nd</sup> Friday from 10:00 am — 12 noon who will be available for sharing information, answering questions and assisting individuals with relationship concerns, as needed. Appointments are not necessary; just stop by.**



**MASHPEE COA OUTREACH PROGRAM MISSION STATEMENT** *To assist seniors in our community to find the resources they need to help them make the best choices to maintain the highest quality of life possible.*

Keeping in line with our Outreach Mission, please call Darlene Perkins, Outreach Coordinator, if you are struggling to make ends meet. Darlene is available to meet in her office, or she can set up a home visit if you are unable to come to the Senior Center. There may be options out there for you with transportation, food or just the knowledge of knowing what support is available in your community. Sometimes a "chat" can help, call Darlene Perkins, (508) 539-1440.

After a soggy spring, summer is finally here on Cape Cod! Once Memorial Day passes we are in summer mode. Welcome back to all who have been away! The summer brings a lot to those of us on the Cape — fun, company and traffic to mention just a few things. This can cause stress to some of us as we go about our daily routine, especially if the heat is getting us down. Think of the Senior Center when you need to run errands and the traffic just make you want to stay home. The Senior Center Van could be the answer! We can drive you as you run errands, grocery shop, and go to some doctor appointments. Check out the schedule elsewhere in this newsletter. If you have questions on how to utilize the van, call Darlene Perkins, Outreach Coordinator.

On those hot days check out what is going on at the Mashpee Senior Center or maybe just stop by for a while to get out of the heat. We have a congregate lunch program at the Mashpee Senior Center sponsored by Elder Services of Cape Cod & Islands, plus many different games and programs you may enjoy. Our library can be a great place to sit, relax, read or even color while you are getting out of the HEAT!

**RENTAL ASSISTANCE** — Funds will be available under the Mashpee Housing Assistance Program for ongoing rental assistance (voucher), first/last/security deposits, emergency rent assistance, emergency mortgage assistance, and First Time Homebuyer down payment assistance. This program is available to all Mashpee residents who are at or below 100% of the Area Median Income. To apply or for more information, please call (508) 477-6202, ext. 201 or go to their website: [www.mashpeehousing.org](http://www.mashpeehousing.org).

**ARE YOU HOMEBOUND? DO YOU LIKE TO READ? WOULD YOU LIKE TO SHARE YOUR LOVE FOR READING?** The Senior Center has a special volunteer for you: "The Library Lady." Our Library Lady will meet with you to find out about your needs and interests, and she will help you to obtain a library card. Then she'll go to the library, select appropriate books, tapes, etc., for you, and when you are finished with them, she will return them to the library. Let the Library Lady help you to explore new places, new people and adventures through books! Call Darlene Perkins, Outreach Coordinator, (508) 539-1440 to set up this service.

## Deborah Converse's Volunteer Corner



Volunteers make the work at the Senior Center double. Besides adding to the pleasant atmosphere here, volunteers provide activities and services at the Mashpee Senior Center that otherwise could not be furnished. In FY 2015, the Senior Center had 198 volunteers that gave 11,476 hours of their time to support the activities at the Senior Center. Valued at approximately \$20/hour, that equates to almost \$230,000! Pretty impressive!

Volunteers provide special classes from sketching to singing, driving to friendly visiting, office assistance to helping prepare the newsletter for mailing, exercise to dancing, thrift shop staffing to gardening. The variety of skills of the volunteers benefit our community. We are extremely fortunate.

The value of volunteering is much deeper, much more fulfilling and much more important in contributing to a healthy and vibrant community than money can ever measure.

**VOLUNTEER RECOGNITION** — Our Volunteer Recognition Event is just around the corner! Volunteers who have contributed regularly over the last year are invited to the New Seabury Country Club to be recognized. Special awards will be given to the Most Valuable Volunteer and to the Rookie of the Year. This day is a special day where we can let our volunteers know how much the work that they provide means to the operation of the Senior Center and the senior community in Mashpee. This year we will be at the New Seabury Country Club on Friday, June 10, and we will be having a buffet breakfast at 10:30 am to honor volunteers who donate so much to help. Invitations were mailed in May.

**REMINDER — VOLUNTEER HOURS** — Remember to please turn in your volunteer hours report for the period of July 1, 2015, through June 30, 2016. At the end of June, we report these hours to the State in support of grant funding requests. If you do not have a report form, you may pick one up at the front desk.

**WELCOME TO OUR NEWEST VOLUNTEERS** — Thanks to Betty Flag and Mary Hutchinson for joining our volunteer ranks!

**VOLUNTEERS NEEDED** — We have volunteer opportunities available in the following areas:

♦ **Newsletter Mailing** — This is a large group activity with more than 20 people who help out each month. There are 2 activities for which we need volunteers to publish our newsletter each month: 1) A couple of volunteers to prepare the mailing supplies (trays, labels, etc.); and 2) about 20 volunteers to do the actual newsletter mailing. We even provide doughnuts and coffee!

♦ **Volunteer Drivers** — Drivers are needed to take people to doctor's appointments on an on-going basis.

Please contact Deborah Converse, Volunteer Coordinator, if you are interested in volunteering, (508) 539-1440.

**VOLUNTEERS NEEDED in Falmouth for Horizons for Homeless Children** to give homeless children a better tomorrow. Do you have 2 hours each week to play with young homeless children (0-6) in our Falmouth Playspace? Are you fun-loving, dependable and looking for a way to make a difference in Falmouth? Help a homeless child learn, play, and thrive. Contact Horizons for Homeless Children at [horizonschildren.org/playspace](http://horizonschildren.org/playspace) or call (508) 510-3250. Upcoming volunteer training will be held on Saturday, June 4, 10:00 am - 12:00 pm, in Middleboro, MA.



**Gratitude is an art of painting an adversity into a lovely picture...***Kak Sri.* Thank you to all who contributed this month's gratitudes:

- ♥ For peace that comes with forgiveness.
- ♥ I am grateful for my husband and family and the senior center!

- ♥ The sun!
- ♥ I live in America!
- ♥ I am alive and can see the beauty of the universe.
- ♥ A major financial problem has been successfully resolved.
- ♥ For emailing my brother.

Are you getting tired of driving? Reluctant to drive in bad weather? Or just trying to save on gas? Don't be shy, give us a try; you're sure to love our van service! We will pick you up and drop you off at your door! Here is our schedule, come join us! The van will take you wherever you wish to go in each town it serves. To schedule rides, please call our receptionist at (508) 539-1440. **Our van cannot guarantee time of pick up or drop off.**



- ◆ **Mashpee and Sandwich — Weekly — Mondays.**
  - ◆ Please make medical appointments between 10:00 am and 1:30 pm.
- ◆ **Mashpee only — Weekly — Wednesdays, Thursdays (except 2<sup>nd</sup> and 3<sup>rd</sup> Thursdays), Fridays (except last Friday).**
  - ◆ Please note that Wednesdays are food pantry days.
  - ◆ Please make Mashpee medical appointments between 10:00 am and 1:30 pm.
- ◆ **Falmouth — Weekly — Tuesdays.**
  - ◆ Please make Falmouth medical appointments between 10:30 am and noon.
- ◆ **Hyannis — Once a month — 3<sup>rd</sup> Thursday of each month.**
  - ◆ Please make Hyannis medical appointments between 10:30 am and noon.
- ◆ **Sagamore — Bourne — Sandwich — Once a month — 2<sup>nd</sup> Thursday of each month.**
  - ◆ Please make medical appointments between 10:30 am and noon.
- ◆ **SPECIAL MONTHLY OUTING** — On the last Friday of each month, you can ride the van to our "Day Trip Town of the Month." When you reserve your spot on the van, let us know where you would like to go in that town. Perhaps you want to shop at a special store that you normally don't have the chance to visit, or see a physician. Maybe you have a friend who is recuperating in a rehabilitation or assisted-living facility in the town who you would like to visit. When you call in to reserve your seat, also be ready to let the receptionist know where you want to go! **Join us on June 24 to go to Provincetown.** Please plan to meet at the Mashpee Senior Center for a 9:00 am departure.

The van is handicapped-accessible with a wheelchair lift. If not in a wheelchair, riders must have independent mobility as safety is very important to us. We ask that if you need assistance, aides and companions are welcome to ride our van with you. Please include this information in your van reservation. If you need special assistance, please contact Darlene Perkins, Outreach Coordinator, at (508) 539-1440. Van rides are free of charge. Donations are gratefully accepted. If we are not able to meet your transportation need, please call the Cape's public transportation service, the Cape Cod Regional Transit Authority (CCRTA) at (800) 352-7155 for a ride.

## CAPE COD REGIONAL TRANSIT AUTHORITY (CCRTA) INFORMATION

**BOSTON HOSPITAL TRANSPORTATION** — Enjoy comfortable, wheelchair-accessible transportation from Cape Cod directly to 15 Boston-area hospitals Monday-Friday by reservation. The bus stops in Wellfleet, Eastham, Orleans, Harwich, Barnstable Commuter Lot and the Sagamore Commuter Lot. **RESERVATIONS ARE A MUST!** Call (800) 352-7155 Monday — Friday, 8:00 am — 5:00 pm. **Fare:** \$30 roundtrip, \$15 one way.

**DIAL-A-RIDE TRANSPORTATION—DART (formerly B-bus)** — CCRTA provides a daily door-to-door, ride-by-appointment transportation service available for any purpose. Service is available to 15 Cape towns: **Monday — Friday:** 7:00 am — 7:00 pm; **Saturdays:** 9:00 am — 7:00 pm; **Sundays:** 9:00 am — 1:00 pm in most towns.

### Dial-A-Ride Passenger Procedures and Requirements:

- **Reservations** can be made Monday — Friday between 8:00 am — 5:00 pm by calling (800) 352-7155.
  - ◆ Reservations must be made by 5:00 pm two days (or 48 hours) before you intend to travel.
  - ◆ Same day reservations and changes are not permitted.
  - ◆ Reservations can be made up to one month in advance.
- **Exact fare is required.** Drivers cannot make change.
  - ◆ Adults and youths: \$3.00 per ride.
  - ◆ Seniors and people with disabilities: \$1.50 per ride.
  - ◆ Children five and younger accompanied by an adult ride free of charge.

**TRAVEL CLUB NEWS: Bullets Over Broadway Musical Comedy** 6/04, \$75 (special pricing-great seats); **Foxwoods**, 6/7, \$35; **Boston Pops Spring Concert Series: Tapestry: The Carole King Songbook** first balcony, 6/10, \$98, **Mohegan Sun**, 6/14, \$35; **Golden Age of Broadway**, first balcony 6/16, \$98; **Newport Flower Show "Gilded Artful Living"** 6/24, \$59; **Celtic Woman Destiny**, center orchestra, 6/29,

\$120; **Carnival Provincetown "Back to the 80's"** 8/18, \$35. For a complete listing of all trips, stop by the senior center or visit [adventureswithkarynwendell.com](http://adventureswithkarynwendell.com). Karyn is here every Thursday from 9:00 to 11:00 am. Contact Karyn Wendell at (508) 420-5288 for more information. Mail payments c/o Karyn Wendell, P. O. Box 161, Centerville, MA 02632

**MASHPEE SENIOR CENTER MILESTONES: Almost 40 years ago** — On October 24, 1976, the Mashpee Senior Center on 500 Great Neck Road North was formally dedicated. A raised ranch (1500 sq. ft., reportedly old beauty salon) was moved from Camp Edwards to Great Neck Road to become the Senior Center. We've come a long way since then!



Please be aware when contacting the Senior Center staff that some positions are part-time grant funded, and those individuals are not in the office at all times. Please feel free to leave a message, and they will get back to you as quickly as possible when they return to the office.



The Mashpee Senior Center respects all aspects of people including race, ethnicity, gender expression, sexual orientation, socio-economic background, age, religion, body shape, size and ability.

**MASHPEE POLICE DEPARTMENT'S TIP OF THE MONTH****June is National Safety Month!**

As the weather warms, more and more people will be out and about. Please remain safe when driving! The 3 biggest causes of fatalities on the road include alcohol, speed, and distracted driving. If you are under the influence of alcohol or prescription drugs that can alter your ability to operate a motor vehicle safely, please do not operate a motor vehicle.

Please do not speed, and that text or telephone call can wait until you are at your destination. If you witness an operator driving

erratically or unsafely, immediately contact Mashpee Police Department Dispatch at (508) 539-1480, ext. 7222. Any questions, please contact Special Officer and Advocate Tara Carline at (508) 539-1480, ext. 7253.

**THE CAPERS' DOINGS**

Join us on June 21 for a Lobsterfest at the Newport Playhouse! The day will include the lobster buffet, cabaret show, transportation, and gratuity. Check the bulletin board at the Senior Center entrance for more details, and call Mary Draheim (508) 477-3920 for membership information.



**DID YOU KNOW...that Elder Services of Cape Cod and the Islands serves a luncheon at the Mashpee Senior Center on Monday - Friday at 11:30 am?** This is a good way to help keep your food costs down — plus it is fun and social! A voluntary suggested donation is \$2.00. Come for an activity in the morning and stay for lunch! Make a day of activity at the Senior Center! You need to call (508) 477-0910 24 hours in advance to reserve a meal. If you have questions, call Annette at the luncheon program at (508) 477-0910. **If you want to see the current menu**, please visit the Elder Services web site at <http://www.escci.org/>. Then click on "Our Programs and Services," then click on "Senior Nutrition Program." Once there, you can then select "Barnstable County Meal Sites Menu."



**PLEASE NOTE:** If AARP did your taxes at the Mashpee Senior Center and you have additional questions about your taxes or refund, **for your Federal return**, please go to the IRS web site [www.irs.gov](http://www.irs.gov) or call (800) 829-1040. **For the state of Massachusetts return**, please go to their web site [www.mass.gov/dor](http://www.mass.gov/dor) or call (800) 392-6089. The staff at the Senior Center is not trained to answer tax return questions.

To get an on-line copy of this newsletter, visit <http://www.mashpeema.gov/council-aging> and click the appropriate newsletter link on the right side of the page.



**If you wish to honor a loved one**, the Mashpee Senior Center offers commemorative gold and silver leaves, prominently displayed in the entry foyer, beautifully engraved to memorialize family and/or friends. We also etch permanent patio bricks, preserving names and sentiments, on the patio area outside. For more information, please call the Director, Lynne Waterman at (508) 539-1440.

<p><b>Lynne Waterman, Director</b> lwaterman@mashpeema.gov</p> <p><b>Darlene Perkins, Outreach Coordinator</b> dperkins@mashpeema.gov</p> <p><b>Linda Wicks, Principal Clerk</b> lwicks@mashpeema.gov</p>	<p><b>Deborah Converse, Volunteer Coordinator</b> dconverse@mashpeema.gov</p> <p><b>Christine Foisy, Activity Coordinator</b> cfoisy@mashpeema.gov</p> <p><b>Lisbeth Dineen, Office Assistant</b> coaofficeassistant@mashpeema.gov</p>	<p><b>Peggy Rose, Receptionist</b> prose@mashpeema.gov</p> <p><b>Robert Morton, Van Driver</b> rmorton@mashpeema.gov</p> <p><b>Lewis Newell, Van Driver</b> lnewell@mashpeema.gov</p>
---	--	---

**MASHPEE COUNCIL ON AGING MISSION STATEMENT:**

The Council on Aging is a department of the Town of Mashpee. Its charge is to sponsor, coordinate, or conduct human service, educational, social and recreational services and programs at the Mashpee Senior Center, as well as to identify and create opportunities and solutions for the empowerment and betterment of the Town's seniors and their care partners. This is accomplished with the support of a volunteer advisory board, also known as the Council on Aging.

**Our Core Values**

**RESPECTFUL**



**WELCOMING**



**SUPPORTIVE**

The cost of mailing this newsletter has been paid by the Friends of the Mashpee Council on Aging.

Lynne Waterman, Director  
Darlene Perkins, Outreach Coordinator  
Irving Goldberg, Chairperson, Council on Aging

MASHPEE COUNCIL ON AGING  
26 FRANK E. HICKS DRIVE  
Mashpee, MA 02649

PRSRRT STD  
U. S. POSTAGE  
PAID  
MASHPEE, MA  
PERMIT NO. 15

*The Mashpee Senior Center offers many legal, financial, recreational, medical screening or other services and/or activities by volunteer or nominal-cost practitioners. Seniors participating in these services do so with the understanding that the Mashpee Council on Aging, The Mashpee Senior Center, the Town of Mashpee or its employees do not assume any legal responsibility for any advice or services rendered by such volunteer or nominal practitioner. Any act or advice or service by outside providers at the Council on Aging should not be presumed to be endorsed & sponsored by the Council on Aging.*

**DISCLAIMER**